

THE KARIONG CONNECTION

THE KARIONG NEIGHBOURHOOD CENTRE INC IS FUNDED BY DEPT. OF FAMILY and COMMUNITY SERVICES & SUPPORTED BY THE GOSFORD CITY COUNCIL

Vol 23; No 8

10 Langford Drive, Kariong, Ph: 4340 1724; www.knc.net.au



September 2014

Farewell to two familiar faces



Colin & Colleen Jose have been active members of the Kariong community for many years. Colleen is a familiar face and always has a smile for everyone. We would like to thank them both sincerely for their contributions to volunteer work at the Kariong Neighbourhood Centre and the Community.

Colleen has now retired after 10 years on our staff for OOSH. Colleen also ran Little Bees and Busy Bees for six years. Colleen is a regular at a number of our groups at KNC, including Indoor Bowls, Arts & Crafts, Tai Chi and Pilates. Colin was very generous with his time in the community, and he was our Santa Claus every year at our member's Christmas Party.

We will miss this wonderful community minded couple as they are leaving Kariong to retire in Wyoming.

You have both played an amazing role in so many family and children's lives locally, and you will be greatly missed. We wish you all the very best in your retirement. Don't be strangers
Fiona Simpson—Manager at KNC



Hosted by Kariong Neighbourhood Centre, with Coastal Mums.

Saturday 6th September 2014,
10am – 3pm
10 Langford Drive Kariong

Enjoy a variety of market stalls

Special Guests include 2GO Road Runner and Mobile Police Van. Enjoy a breakfast BBQ, mini jumping castle, fairy, face painting, raffles with 5 great prizes to be won and a jelly bean guessing competition.

ALL WELCOME TO COME ALONG

Small changes,
big differences.



FREE Triple P 2- 8 Years Group Program

conducted by **Central Coast Family Support**
with **free childcare**

Come along and learn from the program and each other

Be the Best Parent You can be...

With Triple P – Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday concerns.

Families NSW is offering Triple P to all families with children aged 2-8 years.

Venue: Kariong Neighbourhood Centre
10 Langford Drive, Kariong

When: 5 Friday sessions in Term 4, 2014;

**17th, 24th and 31st October and
7th and 14th November, 2014**

Time: 12.30 pm to 2.30pm

BOOKINGS AND INFORMATION

To register for this Group and childcare as places are limited, please call Central Coast Family Support on 4340 1585 or email; ccfss@ccfss.com.au





Australian Government
Australian Taxation Office

Unfortunately **TAX HELP** is not available at Kariong Neighbourhood Centre this year, however listed below are some locations that are offering this service

Wyoming Neighbourhood Centre 4323 7483
Gosford Narara Community Centre 4329 4477
Ettalong 50+Leisure & Learning Centre 4341 3222
Green Point Community Centre 4367 7591
Wyong Neighbourhood Centre 4353 1750
Gosford 50+ Leisure & Learning Centre 4324 4749
Kincumber Neighbourhood Centre 4363 1044



FREE FAMILY LAW ADVICE CLINIC

Kariong Neighbourhood Centre

Advice on all areas of family law including parenting matters/children's issues, grandparent issues, child support problems, financial and property settlement matters and divorce.

Assisting you to find solutions to your family law problems

First Monday of each month, except Public holidays.

Appointments available between 2.00pm-4.00pm.

Bookings essential Phone: 4340 1724



KARIONG PROBUS CLUB Inc. MEETS AT GOSFORD GOLF CLUB

We are a combined club and would welcome new members, male & female, retired or semi retired to join us for Friendship, Fellowship & Fun. Our Club meets at Gosford Golf Club on the 3rd Tuesday of each month.

You are welcome to come along as a visitor (no obligation) to see if you would care to be a Member. For more information contact:

Judy Ph. 4344 6867



KARIONG SCOUTS

LOOKING FOR SOME OUTDOOR ACTIVITIES
TRY SCOUTING OPEN TO BOYS AND GIRLS

Joeys..... 6 to 7 y/o.....Meet Tuesday 4:00pm to 5:00pm
Cubs.....8 to 10 y/o Meet Thursday 6.30pm to 8pm
Scouts.....11 to 14 y/oMeet Monday 7:00pm to 8.45pm

Also looking for Adults to assist as Leaders

Contact Bruce 0419734002 for details

Hall hire available

Rotary



Do you enjoy the three F's— 'Fun - Friendship - Fellowship' in your Community, work, Leisure & travel? Then join your local Rotary Club - contact Kerry Bayliss on 43 404 529 or kersuebay@philliphouse.com.au



KYLIE FAWKNER COUNSELLING

AdDipCounselling, GradDipRelationshipCounselling

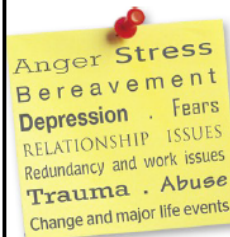
- Individual Counselling
- Couple Counselling
- Prices vary depending on circumstances
- Appointments available at:
Kariong Neighbourhood Centre.

For other venues and more information:

www.kfcounselling.com.au

To make an appointment call or text

Kylie 0435 809 506



St Vincent De Paul

Kariong—Kulnura Conference



Volunteers required for Community work.
Make a difference to those in need.

If you need any welfare please call

4323 6080 or email

gosford.region@vinnies.org.au.

JUSTICE OF THE PEACE

Kariong Neighbourhood Centre is happy to offer Justice of the Peace services on Thursdays and Fridays between 1:00pm and 2:00pm.

Bookings Essential Please phone **4340 1724**
Donations to the Centre are greatly appreciated.



For emergencies or life threatening situations call

Triple Zero (000)



For non emergencies call the
Police Assistance Line
131 444



To provide crime information anonymously contact

Crime Stoppers
1800 333 000

www.nsw.crimestoppers.com.au



Lifeline is a free 24-hour Telephone Crisis Support service in Australia and New Zealand. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Calls to this number from mobiles are free.



On behalf of coast Shelter, I would like to thank the knitter and craft group for the donation of blankets, which have been passed on to the Community Centre to be distributed to clients. It was both kind and thoughtful to receive and I assure you that this will be put to good use.

Generous contributions like yours, enable us to continue assisting people who are homeless or at risk of homelessness on the Central Coast.

I'd like to take this opportunity to share a story about a man who came to us for assistance after struggling with prescription medication.

He sought help and after months of detox and rehabilitation, came to Coast Shelter for further assistance to get his life back on track. He has stayed focused and has never lost hope. As a result of his persistence, gained fulltime employment and moved into a place of his own.

Thank you for believing in our clients and for continuing to support us in our work, to ensure everybody has the opportunity to reach their full potential.

Yours faithfully,
Laurie Maher OAM
Executive Officer



Annie Jack: BA Hum, NCAC, Dip.Business, CC, FDRP,
Cert IV Training & Assessment
* Parenting Co-ordinator
* Generalist Counsellor
* Child Consultant
* Family Dispute Resolution Practitioner
* Thirty years experience

INTRODUCTORY OFFER:

Annie Jack is bringing the **123 Magic Parenting Programme** to the Kariong Neighbourhood Centre.

For an introductory price of just \$80 for (1) person, or \$100 for (2) people, you will learn amazing techniques that will replace conflict with harmony in your home.

Over (3) two hour sessions you will be shown how to build lasting non-confrontational relationships with your children.

Annie has facilitated many 123 Magic Programmes and witnessed quick results that the attendees previously thought were unachievable. . I will be available for one to one consults with parents and children. Programme suitable for two to twelve year olds. **Places are limited and payment is required to secure your booking.**

Course Details:

Venue: Kariong Neighbourhood Centre

Date: Monday 6th, 13th & 20th October

Time: 7pm till 9pm

Handouts: 123 Magic Booklet

Course Fee: \$80 single person or \$100 (2) people

Enquiries: Pre course phone enquiries welcomed

Contact: Annie Jack — Phone: 0407912837 or Email annie.jack8@gmail.com (childcare additional \$5)

"Kariong Through My Eyes"



Photographic Competition

****This is your last chance to enter the competition! Entries Close Friday 12th September 2014.****

\$2000 Prize Pool to be won!!

For entry details phone 4340 1724 or download an entry form at <http://www.knc.net.au/competition/photo-competition>

People's choice online voting will commence 13th September 2014

Kariong Community Forum

Please join us for our next Kariong Community Forum which will be held on **Thursday 18th September from 12.30 to 1.30pm.**

Guest speakers will be Peter Watson from the Youth Conferencing and Juvenile Justice **AND** Sonia Fowler from Sunnyfields Disability Services.

Both speakers will talk to us about the very valuable services they provide to the community.

The Kariong Community Forum is held bi-monthly on the 3rd Thursday, we welcome all ages, cultures, businesses and community services. Refreshments will be provided.

If you'd like to speak on behalf of your company or service or you have a topic of discussion to put forward, please ring Natalie Purchase on 4340 1724 or email events@knc.net.au

BROADBAND FOR SENIORS

Funded by the Australian Government

FREE—Supported one on one computer training run by volunteers for the Kariong Seniors & disabled community.

Bookings essential
Please phone (02) 4340 1724 or
email admin@knc.net.au



Kariong Neighbourhood Centre is now a Work and Development Order Approved Organisation

Are you struggling to pay off fines?

A simple and practical way to reduce this stress and pay your fines off is to talk to us about signing up for a work and development order at the centre.

For more information call Fiona Simpson, Manager of the Kariong Neighbourhood Centre, on 43401724 for a confidential chat.



Kids Party Hire

Have it all for only \$26 per hour for members!!

A brand new playground with all the equipment, under cover area and a kitchen to warm up food.



Why try to squeeze into your home when you can enjoy loads of space, a kitchen for food preparation, and a playground

Contact Kariong Neighbourhood Centre
Ph:43401724 or email admin@knc.net.au

Did you know we hire?

We now have two gazebos for hire at very affordable rates! One is 6 x 3m and the other is 3x 3m.

We can also hire tressle tables and chairs.

To find out about our great prices contact the Kariong Neighbourhood Centre on 4340 1724 or email admin@knc.net.au
Pickup only.

Access valuable information from the comfort of your own home - It's easy!



We have a great selection of DVDs for hire. Topics include , parenting, health and well being for families. Become a member of Kariong Neighbourhood Centre And hire for only \$2 a week per DVD

Just drop into the Centre to browse the library, collect a DVD or make a booking.

If someone in your family has a drinking problem, you can see what it's doing to them. But can you see what it's doing to you?

For information and help contact:

AL-ANON

**Saturday 2pm Woy Woy Hospital
Group Therapy Room (near kiosk)**

To find locations near you
Phone 49693889

Check the white pages of the directory or go to Web site <http://www.al-anon.alateen.org>



*Individual Tax Returns start from \$100
Can assist in the following tax returns :- Rental Properties , Sole Trader ; Companies , Business activity statements
No Tax return is too big*

Contact Toni Baines 0417 794 137

Registered Tax Agent

www.blueorchidaccounting.com





Kariong Public School P&C Trivia Night

Saturday 18th October 2014
Doors open 6:30pm for a 7pm start
\$10 per head—10 per table.

Limited spaces
Tickets on sale from 1st October outside school office
Lots of prizes to be won

Theme: Hawaiian Shirts
BYO: Nibbles & Alcohol
Please note: This is an Adult only event

Any enquiries please contact Danielle on 0414 748 076 or Jodie on 0414 896 191

★ THE MEGA RAFFLE HAS BEEN DRAWN!!! ★

Congratulations to our very lucky winners:

- 1st prize - L. Dolphin - Original Aboriginal Artwork
- 2nd prize - D. Purchase - Patchwork Quilt
- 3rd prize - B. Stivala - Electric Chainsaw
- 4th prize - C. Hogendyk - Natio Hamper
- 5th prize - T. Gosling - Tolle picture & gift voucher
- 6th prize - A. Saxon - Girls Hamper
- 7th prize - G. Purchase - Youth Hamper
- 8th prize - Jackie T - Boys Hamper
- 9th prize - P. Draper - Patchwork Quilt
- 10th prize - R. Fuller - Tea Hamper

Kariong Neighbourhood Centre would like to sincerely thank those who have generously contributed to our prize pool.











vc dental
 KARIONG
 ALSO AT EAST GOSFORD

 Mitchell Dr
 Medical Centre
 Langford Dr
 11 Mitchell Drive, Kariong

4340 2022 - vcdental.com.au

OPEN 7 DAYS
30 YEARS LOCAL

- dental implants
- general dentistry
- digital imaging
- cosmetic crown & bridge
- on-site specialist ceramist
- oral hygiene department
- orthodontics
- sleep dentistry
- ceramic filling
- cosmetic laser technology
- one hour tooth whitening
- HICAPS claims accepted



Medicare Child Dental Benefits Schedule bulk billed

Relaxation and Mindfulness

You are invited to come to our new **group** where you can:

Practice **mindfulness**,

Learn skills to **relax**,

Learn **focusing** techniques and

Meditate/Visualise

***Peaceful setting**
***Using skills and techniques from Positive Psychology**

To Book Call 046 8831258

- Are you always tired?
- Do you get stressed?
- Do you often feel irritated ?
- Is worrying keeping you from sleeping soundly?
- Do you feel pain?

 Group held every Monday at 7pm at Kariong Neighbourhood Centre.
 Bookings essential. Cost \$14 or \$10/week for 5 weeks

Daria Florea | Counsellor
 Mental Health Hub
 PACFA/CAPA NSW Member 44320





Kariong United Football Club is celebrating some milestone wins at the conclusion of the season. We have 11 teams in Semi Final games (at the time of printing) and if you can't wait for next month's edition you'll have to jump over to the Facebook pages or Club website to get an update. Last week our young stars of the Women's 13A (our Kittens) walked away with an undefeated Minor Premiership! Their second major trophy in 2 seasons.. A great finish to the season of 2014. Honourable mentions must also go to the u11D's and u11C's who triumphed in their end of season competitions.

The end of season celebration for Juniors (Presentation Day) is being held at The Hill (Kariong Oval) on September 20 with times available on both your club website at www.kariongunited.com.au and Facebook.

As always, the season is just not possible without these forward thinking businesses

Summer is just around the corner and this month we turn the spotlight onto the sponsor that can help you and your family enjoy the season. Ecosun are experts at installing and servicing the entire range of pool and spa equipment which makes them the right Kariong United partner to contact "now". Rob and his team can inspect and service any pumps, solar systems, other pool equipment and spas on the Coast and look forward to helping you get the most use out of your investment. You can reach them on 1300 138 864 or check out their website at www.ncspoolheating.com.au

George Brand Real Estate Kariong and Ross McLarty (Happy Birthday Ross!) complete their 9th year as major sponsor of Kariong United FC and we look forward to more to come. To the new boys at Foodworks (Mitchell Drive shops) our BBQ's would not happen without your help nor without the help of Kariong Quality Meats. Kariong Pizza & Pasta have yet again proven to be generous with their player awards and the best place for your kids in the area has to be the Kidz Klubs. All their details are found on the Sponsors page on your club website.

We now hand the grounds over to the Summer codes and we look to season 2015 with you and your families.

Jeff Vilensky
Kariong United FC Publicity.



Kariong OOSH Update

Such a busy Term 3 so far with our Before and After School Care children!

Our focus this term has been on sustainable practises and these have been explored through a number of fun and educational activities such as nurturing our own produce from our garden and including it in our afternoon tea, creating artistic masterpieces with recycled items and investigating ways to conserve energy and resources around our centre and in our homes. We have been growing our own indoor plants and are in the process of setting up a new fish tank too!!

Our learning of other cultures has continued this term with the children contributing to a beautiful display acknowledging other countries and their ways of life.

Sewing classes held each Tuesday are teaching our children the lost art of needlework and are much enjoyed.

Keep your eyes peeled for our next Vacation Care program as we are off for some amazing adventures such as a Magic Workshop and a visit to the Australian Reptile Park.....

Inquiries and bookings Ph: 4340 4561
Or email at oosh@knc.net.au

Active Learning Playgroup.



Our Wednesday playgroup continues to welcome local families to come and join in our big range of activities focusing primarily on school readiness. We have been enjoying lots of musical group times that explore numeracy using our big colourful parachute which the children all really love and also have been celebrating several birthdays together. It has been wonderful to see the friendships being built between the children and also between the parents.

10 Langford Drive, Kariong
Inquiries Phone Nerida on 4340 4561
Cost: \$4.00 first child/\$1per extra child for Members
\$4.50 first child/\$1per extra child for non-members
ALL WELCOME 0-6 YEARS

Kariong Library Action Group

The Kariong Library is open 9.30am to 5pm Tuesday to Friday (closed between 1pm – 2pm) and Saturday 9.30am until 2.30 pm (closed for 1/2 an hour at 12 noon).

Library services are available from your home computer using your library card number to log in and a password - I have checked my "library statement" this evening. This let me know my issued items - what I have on reserve and outstanding. Also available is the Virtual Library which provides access to a range of online subscription databases, plus a selection of useful and authoritative web sites. It provides access to newspaper and journal articles.

Storytime is held on Tuesdays at 10.30 am to 11.30 am. This is a fun time for children 3 to 5 years and popular with parents, grandparents and carers. Storytime aims to introduce children to the joys of literature and language through story, songs and craft.

We are hoping to organise the usual school holiday movie night for Friday October 3 at Kariong library and more details will be available soon.

Book Club is held on the last Friday of the month – **26 September at 10.00 am**. Book Club members enjoy the challenge of new genres and are prepared to move out of their comfort zone. If you would like to try something new come along and meet the many Kariong residents with a similar out-look and share refreshments afterwards.

September selections are **Idle Hour in the County of Hope** written by **Julie Simpson** and **Unaccustomed Earth** by **Jhumpa Lahiri**. Both these authors have carefully crafted short stories into novels. **Unaccustomed Earth** is from Pulitzer Prize winning author Jhumpa Lahiri. Her work considers the lives of Indian American characters and how they deal with their mixed cultural environment. Ms Lahiri was born in India and now lives in the USA.

The second selection **Idle Hour in The County Hope** is debut novel of the annual Lake Macquarie Roland Robinson Literary Award winner, Julie Simpson. Ms Simpson retired from the ABC in 1982 and began writing fiction in 1997. Her stories are linked together around a dying mining town called Hope. Sometimes bizarre, sometimes funny, occasionally dark and troubling.

The Kariong Library Action Group would like to hear from you so please contact us at: klag2013@yahoo.com.au.



KARIONG PROGRESS ASSOCIATION

Your ASSOCIATION has been working hard over the past month with the support of several like minded residents to express very succinctly to our Council and the State representative Mr Chris Holstein our extreme safety concerns for pedestrian safety and loss of environment.

These matters being specifically the proposal for Langford Drive, Woy Woy Road and Dandaloo Street intersection, and we are pleased to report that due to the community support we are advised by Gosford City Council that new plans will be drawn to present to the Roads and Maritime Services. Approval has to be gained from RMS as this is a major roadway although not a State artery. The expected time frame for this design work will be 3 to 4 months, in the meantime we will continue to liaise with both authorities. We also thank the group of concerned parents who undertook a snap survey of those families who would use a safe pedestrian crossing, if available, as it is impossible to undertake a usage count. This unfortunately was a discussion point we had to present strongly to GCC. as they include such figures in their assessment. This snap survey together with an updated petition will be handed to Mr Holstein as soon as we are able to meet with him – hopefully in the next week or certainly early September as we need State Govt support and possible financial participation.

The other major matter is the Development Control Plan submitted by CCRDC to Gosford City Council for the whole of Mt Penang Parklands. A major impact for Kariong community will be the major loss of open space and for the wider community a visually appealing entry to the Central Coast if the Central Coast Highway precinct is allowed to proceed! This area would see buildings up to 4 storeys along the highway frontage and an extreme increase in traffic flow from the CC hwy into The Ave as an access road for staff and delivery vehicles! As the turn lanes are highly restricted, particularly that from Gosford, the impact of staff arrival and departure would be horrendous.

We would like to express our appreciation of those residents who attended the Forum and have participated in the surveys confirming overwhelmingly the community concern on both of these issues. A further update regarding community safety the rollout of CCTV cameras funded by the Federal Government is progressing forward and we shall be working with GCC who will manage the installation. Our thanks to Ms Lucy Wicks MP for arranging funding of this infrastructure.

If you would like to hire the Kariong tennis court or Progress Hall please phone Yvonne on 4340 1088 between 8:30am and 6:30pm.

Finally, the next Progress Association meeting is on Wednesday 3rd September at 8:00pm in the Progress Hall Woy Woy Rd – let's discuss your vision for Kariong.

Kariong Youth Support Group
ALL 13-17 year olds invited

At; the Kariong Neighbourhood Centre
 10 Langford Drive Kariong

When; Friday nights from 7pm-10pm.

Come and spend time with others and make friends,
 take part in activities and have access to trusted
 adults and youth support workers who can provide
 information and guidance.

For more info email kariong.youth@gmail.com
 or call/text Natalie on 0478 122 599

Special events being planned!

Snacks and drinks will be available for a small
 donation.

Follow us on Facebook for weekly updates and useful
 information! www.facebook.com/kariong.youth



The Hill **y O U T H** Centre

Tuesday

- > Dance Class (Jazz/Hip Hop)
 3.40 – 4.20pm - Young People in
 Years 1- 4, 4.30 – 5.10pm young
 people Year 4 and above
- > Homework Help

Wednesday

- > Sports and Fitness Circuit



Thursday

- > Basketball Clinic and comp
- > Homework Help
- > Resume writing & Job Seeking skills

Friday

- > Football Competition
- > Dinner

Young people have access to internet,
 sporting equipment career guidance
 and tutoring every afternoon.

Tuesday – Thursday open 3-6pm
 Friday 4-8pm

Youth Workers available for referral
 and support 10.00 - 2.00pm by
 appointment. For more information
 Telephone 4304 7039 or
michelle.tilden@gosford.nsw.gov.au

2014



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Public Education—Delivering Results

Our first university success story for post school options has occurred. Congratulations to our school captain, Matilda on receiving early entry into the Bachelor of Law course at Macquarie University.

This demonstrates our belief in the value of public education and what it can deliver.

A recent article in the SMH (August 17 2014) also supports this view (www.smh.com.au/national/private-schooling-no-better-than-public-in-jobs-market-20140816-104do1.html) as outlined below:

"Paying private school fees does not guarantee a better job after university, with new research showing there is no long-term employment advantage as public school graduates earn as much in equally prestigious jobs.

A research fellow at Canberra University, Jenny Chesters, analysed data from the Household Income and Labour Dynamics in Australia project and found private school students were no more likely to get a full-time job than public school students.

"If a parent wants to pay to send their child to a private school, I don't have a problem with that but they should know that if they think paying for an education is an investment and you will get a monetary return on it, you probably won't," she said.

Dr Chesters looked at the data for 2168 people aged 24 to 35 in 2012. About 70 per cent went to government schools, 17 per cent to Catholic schools and 13.5 per cent to independent schools.

The data showed that while students from Catholic or independent schools were more likely to have completed Year 12, public school students were not disadvantaged once it came to securing a well-paid job after university.

Dr Chesters said the "massive growth" in the number of private schools since the 1990s could be "diluting" the perceived advantages that were once attached to private schooling."

There are many factors that come into play when parents choose schools for their students. It is important that parents can make informed decisions and we welcome any enquiries into how we can support your child to exceed their potential in their high school life.

Anne Vine
 Principal

The XChange

Seventh-day Adventist Church



August has been full with all sorts of things. The highlight was that Pr Daron was available to come to Kariong Public School during education week and show his special talent of Balloon twisting to all the students in Kindy to year 2 during the combined scripture class. They really enjoyed seeing him create a dog, mouse and flower. KidzXChange enjoyed time out with a games day and Barney's has enjoyed a variety of speakers.

Let us tell you what is happening in and around The XChange, and if anything catches your fancy we would LOVE to see you. For more information feel free to contact us:

www.kariongxchange.org.au

Ring Lesley on 43401581

Email: kariongxchange@me.com

KidzXChange – Saturday mornings during the school term. 9:30am – 11am for kids aged 4-13. Teaching Christian values in fun and exciting ways. If your kids love craft, drama, games, and activities – this is the place for them. Free morning tea provided. We meet at the Scout Hall.

Barney's House – Want to experience church in a simple, uncomplicated, informal way? Looking for a place where you really fit? Come visit us at a Barney's House Church - at the Scout Hall Saturday 11:30am - 12:45pm. You could even stay for a bit of lunch!

Small Group – Explore the bible in an exciting fun way and find out how to live a great life. No bible experience necessary. No meeting complete without morning tea. Toddlers / babies welcome with Mum or Dad. Monday Evenings 7:15pm - 8:15pm and Wednesday mornings 10am - 11:15am. Various locations.

The Sling Shot - Every Alternate Monday Afternoon during the school term 3:30pm - 4:30pm Ring for location. For Kids who want to know more while having fun. We are learning how to implement what we learn at KidzXChange on a Saturday morning into our everyday lives. Craft, games, challenges and more.

TUTORING AND OFFICE DUTIES AVAILABLE

I am a highly achieving Year 7 student at Kariong Mountains High and am available for tutoring and homework assistance for younger children if needed for \$5 per hour. Also I am available to assist with any office duties that may need to be done eg; filing, stuffing envelopes etc for \$5 per hour. For inquiries please call Nerida on 0415 906 033

Australian Academy of Tai Chi

"Health & Relaxation"

Come along and enjoy the benefits of this ancient health art.

Your local beginners class is held at:

Kariong Neighbourhood Centre,

Wednesdays, 9:00 – 10:00am

Contact Helen on 0435 121 520



Central Coast Select Properties

Suite 9, 482 Pacific Highway, North Gosford 2250

P: 4324 8486 F: 4337 6166 info@ccselect.com.au

www.ccselect.com.au

Buying or selling in the Kariong area?
SELECT the BEST with Hana Volarik,
your local area expert. 0437 401 009



WANT TO GET FIT AND HAVE SOME FUN?

General Dance & Fitness
Thursday Night
7pm-8pm

Adult Burlesque
Monday Night
8pm-9pm

Zumba
Tuesday Night
7:30pm-8:30pm

Adult Classes@
Alive
Dance Academy

No Experience Necessary
All classes \$10
Pay on the night

Local Kariong Business
@Kariong Mountains High School

www.alivedanceacademy.com.au
0407 259 001
alivedanceacademy@hotmail.com



Cnr Dandaloo Street and Woy
Woy Road Kariong NSW 2250
Phone: 0417 686 694. Email:
kariongecogarden@gmail.com

Website:
www.kariongecogarden.org.au
ABN: 13 852 216 759

Events Eco Garden September / October 2014

Remember Saturday November 1st for 4
Seasons Film and Art Night – Spring, at 6pm.

Other Events in September/October.

28th-29th September; **Plant Lovers Fair** at
the Kariong Mountains High School.

Sunday October 19th; Woytopia

Sustainability Fair @ Woy Woy South Public
School from 9.30am. Music, Arts and Food.

Contact www.woytopia.info

Planting: The following vegetables/herbs can
be planted in **August:** Amaranth, Artichoke,
Asparagus, Basil, Beans, Beetroot, Borage,
Cabbage, cape Gooseberry, Capsicum,
Carrots, Celery, Chilli Peppers, Chives,
Coriander, Cucumber, Dill, Eggplant, Fennel,
Jerusalem Artichokes, Horseradish, Kohlrabi,
Leeks, Lettuce, Marrow, Mint, Mustard
Greens, Okra, Onion, Oregano, Parsnip,
Potato, Pumpkin, Radish, Rocket, Rhubarb,
Rosemary, Rockmelon, Sage, Silverbeet,
Spring Onions, Squash, Sweet Corn, Sweet
Marjoram, Thyme, Tomato, Turnip,
Watermelon, Yam.

Refer www.gardenate.com for full list.

**The Eco Garden is available for events,
tours and workshops; refer to the
above address, phone number, email
address and website in the letterhead.
Membership is \$5.00 pa, download a
copy from the website. See also our
Facebook page.**

The Eco Garden welcomes new volunteers
to help with jobs around the garden and
administration: garden is open from 10am to
12.30pm on Mondays, and some Fridays.
Open to people of all ages and ability.

**We are still looking for a volunteer to sort
out our library in the shed.
See the letterhead for all the contact
detail. If no phone reply, contact John on
43231843.**

Hello from the Desk of the

Standpipe



Ours calls from July 18 to
August 21 are as follows:
False Alarms x 0, Fire and
Explosions x 4, Good Intent
Calls x 5, MVA's x 9, Other x
7 totalling 25 for the month.

Kariong Brigade held their Annual General
Meeting on the 11th August and we have had a
change of Officers. Firstly, I am sure the
Members of the Brigade would join me in
offering thanks to the outgoing Captain, Senior
Deputy Captain and Deputy Captains and the
Administration Staff.

Without their guidance and 'ability to get the job
done' in a professional manner the Brigade
would not be one of the top Brigades in NSW
Rural Fire Service.

Our new Captain is Don Simpson and our new
Senior Deputy Captain is Jeremy Morris. Don
has a wealth of knowledge behind him in fire
ground and operational duties. He and Jeremy
are well-respected Members of the Brigade.
Jeremy has been with the Brigade for many
years and has proven his leadership qualities in
the past as a Deputy Captain. Another person
I would like to mention is our Treasurer, Nita
Hughes. According to the Station's records she
is the longest standing Treasurer in the
Brigade's history. Congratulations to our other
Members that were successful in obtaining
positions within the Brigade Executive.

What does rain mean to the Brigade? Motor
Vehicle Accidents, fallen trees and in the long
term when the ground dries out, increased fuel
(leaves, twigs, new growth) to burn in a fire.
Now is the time to update your Bush Fire
Survival Plan. Clean all the litter away from your
house. Restack the fire wood down the back of
your yard. Trim those hanging branches over
your house. Check your hoses. It's just basic
every day chores around your home that might
save your property in a bush fire.

If you would like to volunteer and become a
Brigade Member please contact 4340 2911. If
you feel that you would like to be a volunteer in
the Rural Fire Service but don't wish to 'put the
wet stuff on the red stuff', there are other
Brigades that might interest you, such as
Communications, Catering, Logistics, Aviation to
name a few.

Until next month, Stay safe and fire wise.

ETTALONG BEACH ARTS & CRAFT CENTRE

School Holiday Pottery Workshops for Children

Annette Poole is a long term tutor with our centre and is offering this great opportunity for children to try their hand at making pottery during the school holidays.

They will learn the joys of working with clay to create their own unique piece of artwork. These items will be bisque fired ready to have the final touch of glazing which they will find awesome when they see how their work has magically come to life.

The short course will be of 3 hours duration each day and will run over three days for making the pottery. The fourth day will be instruction on how to glaze their artwork.

The Class duration is 10am to 1pm

The fee for each workshop is **\$100** payable on the first day.

There is also a small fee to cover glazing costs when the completed artworks are collected. This fee is based on the weight of each item @ \$1.80 per kilo.

- The workshops will be 22nd, 23rd & 24th **September**, then 30th **September** for glazing.
- 4th **October** from 10am to pick up items made

Parents, Students and tutors are welcome to contact us with suggestions of other school holiday workshops that may be of interest.

For enrolments and all enquiries phone:
4341 8344 or visit our website
at www.ebacc.com.au

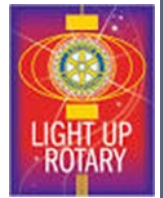


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Rotary



ROTARY NEEDS YOU

The Rotary Club of Kariong/Somersby welcomes new member Deborah Maher, CEO of Legacy Nursing Homes at Wyoming and Norah Head.

The Club strives to "DO GOOD IN THE WORLD" but needs YOU.

We have local and international projects e.g. Rotary National Graffiti Removal Day on 26 October, sending a local teenager from the High School to American SAMOA for three weeks to live with locals and attend school.

Are YOU – young, older, male, female, married, single, employed, in business, retired, bored, community minded, travelled, fit, healthy, alert, interested in local and international issues, a homebody, hungry on Fridays? Why not join us for breakfast at 7.15AM on your way to work, play, or shopping.

Just phone Kerry on 43 404 529 to put another plate on the table/chop on the stove

Phone Kerry on 4340 4529

Meetings 7.15AM FRIDAYS

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plant lovers fair

2014 CENTRAL COAST

PLANT LOVERS FAIR



Will be held at Kariong Mountains High School on Saturday 27 September and Sunday 28 September."



"Plant Lovers Fair was a huge success in its first year and this year it will be even better " said Stephen Goodwin, event coordinator. "We are happy to be holding it again."

To see what's on display at the Fair visit www.plantloversfair.com.au or the facebook page accessible from the webpage.

There are four great talks by expert speakers, plus a gardening presenter from 702 ABC radio Gardening Show to answer gardening questions on Saturday morning.

40 Exhibitors from around Australia have been invited to bring a wonderful range of interesting and rare plants for all garden interests, plus some beautiful botanical art, quality garden tools and locally made garden-themed pottery.

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5/401 Manns Road, **West Gosford**
(Entry via Grieve Close)

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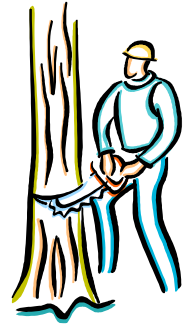
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Our newsletter is delivered to over 2500 community members and local Businesses, and emailed to many more. Many locals use the Kariong Connection and the Community Centre, to find local trades and services. For more information on our very reasonable rates, Contact us on 4340 1724 or admin@knc.net.au

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What's On at Kariong Neighbourhood Centre...

Kariong Neighbourhood Centre is home to a number of activities and services for the general community. Some of these are organised and run by our staff or volunteers, while others are run independently. We are not responsible for the service provided by other organisations, however, we are able to provide you with contact information should you wish to enquire for yourself about any of the groups who use our Centre. We also welcome feedback on anything related to our service or Centre. *We offer Advertising, Room & Party Hire, Broadband for Seniors, Internet Access, Photocopying, Faxing and Laminating.*

Please note: All daytime groups operate only during school term

MONDAYS

Family Law Advice Clinic—FREE

Assisting you to find solutions to your family law queries.
First Monday of each month 2:00pm –4:00pm
Bookings essential phone: KNC:4340 1724

Pilates for Seniors - www.transcendfit.com.au

10.30am to 11.30pm Contact Sarah to make a booking
On 0425 265 609 . \$10.00 each class

TUESDAYS

Immunisation Clinic - NSCCAH

Free service provided by Area Health. No bookings required. The 2nd and last Tuesday of each month. Full list of dates available at our Centre. For more information call Gosford Gateway Clinic on 4328 7900.

Indoor Bowls

From 9.15am sharp to 12.00 noon. Cost \$4 for members, \$4.50 for non-members. Morning tea included.

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic on 4328 7900.

ZUMBA fitness

7.30pm to 8.30pm. \$10 p/class.
The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™. Kim: 0409759722
zumbawithkim@live.com.au

WEDNESDAYS

Tai Chi with Helen from the Australian Academy of Tai Chi
9.00am- 10.00am All welcome. **Cost \$10** per session For bookings please contact Helen on 0435 121 520.

Active Playgroup for 1 to 5 year olds.

Music, dance, exercise, toys, craft & School readiness
10:30am to 12:30pm During School Terms - all welcome!
Cost: \$4 per child, (member) \$4.50 per child (non-members) \$1.00 each additional child. **All welcome**

Early Childhood Clinic—NSCC Area Health

Child Health appointments with Helen from Area Health.
For appointments call Gosford Gateway Clinic on 4328 7900

Apply First Aid Course—HLTFA311A

Nationally accredited First Aid & CPR Courses. To enrol contact Directions Health 9486 3120 or www.firstaid.net.au

Weight Watchers from 6.30pm to 8:00pm
www.weighwatchers.com.au

THURSDAYS

Kariong Arts and Crafts Group

A social group for people who enjoy doing arts and crafts. Bring your own project or learn new skills. All welcome, Thursdays, 9.30am to 12 noon weekly.
Cost: \$4 for members, \$4.50 for non-members.

The Over Fifty Friendship (TOFF's) group

This is a wonderful group that meets every Thursday, specifically for those that are needing some company—The group leaders are caring and eager to show you all a great time!
Cost: \$4 members, \$4.50 for non members. 12:15pm to 2.00pm

FRIDAYS

Australian Breastfeeding Association Meeting

Fortnightly 10.00am to 12 noon
www.breastfeeding.asn.au

Youth Support Group

For teenagers 13-17 years. Enjoy activities, refreshments & support with qualified Youth worker. 7:00pm — 10:00pm
Contact Natalie on 0478 122 599 for more information.
Follow us on Facebook www.facebook.com/kariong.youth

SATURDAYS

Rooms are available for hire for children's birthday parties on Saturdays. For bookings please Phone KNC 4340 1724 .

SUNDAYS

River Christian Church - From 9:00am, to 2.00pm
Contact Shaun: 0402 857 467 or Nerida: 0411 032 645

If there is a group that you would like us to run at the Centre Please contact Fiona Simpson on 4340 1724.

Become a member of Kariong Neighbourhood Centre from only \$5.00 and receive many discounts and invitations to lunches with guest speakers Room Hire available from only \$9hr Ring & Book for your next meeting or function Ph: 4340 1724 ALL Community Group Memberships must be paid if you wish to place your news in the Connection

CLOSING DATE for NEXT ISSUE
Wednesday 17th September, 2014

Please submit advertising to admin@knc.net.au and Community Announcements to coordinator@knc.net.au or Phone: 4340 1724

Sorry—No Late Entries will be accepted
Applications for Advertising can be downloaded from www.knc.net.au

PLEASE NOTE: Kariong Neighbourhood Centre Inc publish news, articles & advertising for local sporting, community groups & businesses as members of KNC. Contributions are also welcome from non-profit organisations & are published free of charge to organisations if they become Members of KNC. All possible care has been taken in the preparation of information contained in this newsletter. However, KNC Inc, expressly disclaims any liability for the accuracy of the information and under no circumstances should be liable in negligence or otherwise in and arising out of the preparation or supply of any of the information. The views expressed in this newsletter are not necessarily those of KNC Inc.